



RecipeName	Calories	Calories From Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrates	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	
4 Alarm Burger	820	520	58g	24g	2.5g	190mg	1900mg	23g	2g	2g	48g	25%	45%	25%	35%	
4 Alarm Chicken Sandwich	450	140	16g	7g	0g	145mg	1810mg	23g	2g	2g	51g	25%	45%	20%	15%	
Asian Slaw	35	0	0g	0g	0g	0mg	30mg	7g	3g	4g	1g	50%	100%	4%	4%	
Baja Shrimp Salad	410	190	22g	9g	0g	280mg	1360mg	16g	5g	6g	38g	110%	50%	40%	8%	
Baja Shrimp Tacos	580	270	31g	12g	0g	280mg	1460mg	39g	7g	6g	39g	30%	45%	40%	10%	
Basil Pesto	70	60	6g	1g	**	0mg	230mg	2g	0g	0g	1g	20%	8%	4%	4%	
BBQ Bacon Cheddar Burger	1230	740	83g	34g	2.5g	260mg	1860mg	46g	1g	23g	71g	20%	10%	50%	35%	
BBQ Chicken Wrap	610	220	24g	11g	0g	150mg	930mg	38g	6g	3g	57g	20%	15%	40%	15%	
BBQ Sauce	70	0	0g	0g	0g	0mg	250mg	18g	0g	16g	0g	2%	2%	0%	0%	
Beef Taco Salad	590	400	45g	17g	1.5g	120mg	360mg	16g	8g	6g	34g	180%	60%	40%	30%	
Beef Taco Seasoning	20	0	0.5g	0g	**	0mg	2490mg	4g	< 1g	< 1g	< 1g	2%	8%	4%	8%	
Beef Tacos	950	420	47g	18g	1.5g	120mg	990mg	91g	10g	7g	42g	25%	40%	50%	40%	
Black Bean and Corn Salsa	80	0	0g	0g	0g	0mg	260mg	17g	4g	3g	4g	8%	20%	2%	6%	
Bleu Cheese Dressing	240	220	25g	7g	0g	30mg	260mg	1g	0g	< 1g	3g	4%	0%	8%	0%	
Brownies	750	320	36g	21g	0g	180mg	540mg	101g	6g	83g	10g	15%	0%	10%	25%	
Buffalo Chicken Salad	470	220	25g	13g	0g	155mg	2660mg	15g	6g	8g	50g	220%	35%	40%	30%	
Buffalo Chicken Wrap	590	230	25g	13g	0g	155mg	3080mg	38g	7g	3g	51g	60%	15%	40%	15%	
Buffalo Sauce	45	45	5g	3.5g	0g	15mg	1720mg	0g	0g	0g	0g	25%	0%	0%	0%	
Cajun Chicken Taco Salad	530	230	26g	10g	0g	135mg	590mg	25g	9g	4g	50g	140%	35%	30%	20%	
Cajun Chicken Tacos	890	250	29g	11g	0g	135mg	1170mg	99g	12g	6g	60g	60%	20%	50%	35%	
Cajun Mahi Taco Salad	370	140	15g	8g	0g	105mg	400mg	18g	6g	9g	40g	240%	130%	40%	25%	
Cajun Mahi Tacos	750	200	22g	9g	0g	105mg	1050mg	90g	10g	10g	48g	90%	110%	50%	30%	
California Turkey Salad	640	350	40g	13g	0g	120mg	1630mg	27g	12g	12g	46g	190%	60%	40%	35%	
California Turkey Wrap	660	270	31g	11g	0g	105mg	1920mg	52g	13g	10g	43g	40%	40%	40%	25%	
Caribbean Jerk Wrap	620	170	19g	9g	0g	135mg	1060mg	59g	9g	16g	53g	70%	110%	45%	20%	
Cheese Burger	790	500	56g	22g	2.5g	185mg	510mg	22g	1g	1g	48g	4%	0%	25%	30%	
Chicken Cashew Avocado Salad	600	320	38g	11g	0g	80mg	2200mg	26g	8g	12g	39g	180%	40%	40%	35%	
Chicken Cashew Avocado Wrap	700	300	35g	11g	0g	80mg	2640mg	51g	9g	10g	41g	30%	25%	40%	25%	
Chicken Cobb Salad	570	300	35g	13g	0g	230mg	1770mg	22g	10g	9g	47g	190%	45%	40%	30%	
Chicken Cobb Wrap	600	250	29g	12g	0g	220mg	2120mg	41g	8g	2g	45g	20%	15%	40%	15%	
Cucumber Yogurt	80	70	8g	2.5g	0g	10mg	50mg	2g	0g	2g	1g	2%	0%	4%	0%	
Greek Seasoning	25	0	0g	0g	**	0mg	2010mg	6g	2g	0g	< 1g	2%	2%	8%	8%	
Grilled Chicken Gyro	520	150	16g	9g	0g	140mg	2020mg	42g	7g	5g	49g	15%	15%	40%	20%	
Grilled Chicken Gyro Salad	380	140	15g	9g	**	140mg	1580mg	15g	5g	7g	47g	160%	30%	40%	30%	
Hamburger	710	440	48g	18g	2.5g	160mg	370mg	22g	1g	1g	43g	0%	0%	10%	30%	
Jerk Sauce	40	0	0g	0g	**	0mg	190mg	11g	0g	< 1g	7g	< 1g	6%	15%	2%	2%
Kung Pao Salad	850	460	52g	14g	0g	165mg	750mg	36g	5g	20g	61g	150%	110%	35%	25%	
Kung Pao Wrap	990	460	52g	15g	0g	160mg	1160mg	65g	9g	19g	66g	60%	80%	45%	30%	
Pico De Gallo	25	0	0g	0g	0g	0mg	30mg	6g	2g	3g	1g	20%	40%	2%	2%	
Pineapple Salsa	35	0	0g	0g	0g	0mg	20mg	8g	1g	5g	< 1g	15%	35%	2%	2%	
Ranch Dressing	210	200	24g	3g	0g	0mg	190mg	1g	0g	1g	< 1g	0%	0%	4%	0%	
Southwest Chicken Sandwich	530	190	21g	6g	0g	135mg	690mg	30g	6g	3g	53g	15%	30%	20%	20%	
Sriracha Honey Aioli	140	110	12g	1.5g	0g	5mg	150mg	8g	0g	9g	0g	0%	0%	0%	0%	
Thai Chicken Salad	440	160	18g	9g	0g	135mg	400mg	20g	7g	10g	50g	270%	160%	40%	30%	
Thai Chicken Wrap	550	160	19g	9g	0g	135mg	810mg	42g	8g	5g	52g	80%	90%	40%	15%	
Thai Veggie Salad	290	120	14g	7g	0g	40mg	350mg	28g	10g	15g	16g	340%	250%	45%	25%	
Thai Veggie Wrap	380	130	15g	8g	0g	40mg	740mg	45g	9g	6g	17g	100%	120%	40%	10%	
Thai Vin	45	0	0g	0g	0g	0mg	810mg	11g	0g	10g	1g	0%	8%	2%	2%	